Biscuit Gravy

Biscuits are great plain, or with jelly. However, many people still enjoy old fashioned biscuits and gravy. Gluten free gravy can be made with a variety of gluten free meats, including bacon, sausage, or ham as the base flavoring. Each person likes the consistency a little different, from runny to almost solid. Or with meat from almost invisible, to chunky. The meat can be refried in the gluten free flour, or added afterwards. Vegetable oil may be used in the base, especially if turkey bacon or sausage is used. Gravy can be stored for a day or two, and reheated.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:

Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Whisk
Pan: 8 inch frying pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Pre Gravy:

1 pound of sausage, or
1 pound of ham
1 pound of bacon

Gravy:

3 tablespoons baking mix (gluten free)
1 tablespoon cornstarch (not necessary if animal milk used)
1 cup of milk (lactose free)
Almond, or
Soy
1/4 cup crumbled fried sausage, or
1/4 cup crumbled fried ham
1/4 cup crumbled fried bacon
Dash of salt
1/4 cup of vegetable oil (gluten free)

Preparation time: 20 minutes

Preparation:

1. Cook on medium heat in an 8 inch frying pan:
   1 pound of sausage, or
   1 pound of ham
   1 pound of bacon
2. Remove most of the meat and cover on a plate, or in a bowl.
3. Leave the grease in the pan.
3. Crumble 1/4 cup of the meat back into the pan and grease.
4. Add to the pan:
   3 tablespoons baking mix (gluten free)
   1 tablespoon cornstarch (not necessary if animal milk used)
   1 cup of milk (lactose free)
   Almond, or
   Soy
   Dash of salt
   1/4 cup of vegetable oil (gluten free)
5. Heat to a light boil, stirring constantly.
6. Pay attention to the consistency. Take off heat just before it reaches the desired thickness.

Cook Temperature: Medium

Cook Time: 15 to 20 minutes

Servings: About 10

Storage Solutions: Square containers

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 1 to 2 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.